

## Randolph Hospital

### Special points of interest:

- Benefits of water
- Healthy Dinner Recipe
- Family Fun Physical Activity
- Summer Safety

### Eating Healthy on a Budget

As food prices keep rising, here are some tips to minimize your grocery cost without sacrificing proper nutrition.

- Shop locally- local produce stands and farmer's markets are a great source for healthy foods at great prices.
- Choose a large bag of fruit/vegetable instead of single, larger pieces of produce priced per pound.
- Buy produce that is in season.
- Buy generic- Generic brands provide a great value. Store brands have the same nutritional value at a much lower cost.

- Shop the perimeter of the store (outside aisles) first. Put these healthier foods in your cart first and you will be less likely to put in the processed, costlier foods from the center aisles.



- Avoid buying soda, fruit juices, and sports drinks. Stick to drinking water.

- Look for sale items but know what you are going to do with it. Items like lean meats and poultry can be divided and frozen for later use. Be sure to check dates on perishables.
- Make extras of large meals to freeze for later use.
- Take along your own healthy snack when running errands or traveling in the car. You won't need to stop at drive thru or vending machine when hunger arises.
- Take time each week to plan your healthy menu. Use coupons and store specials to stock up on healthy non perishables.

### Water- A natural source of hydration

Children's bodies need water to work properly. Water makes up over half of a person's body weight and aids in digestion, elimination, and sleep. Limit the amount of soda and sugary fruit drinks you give your child. They are loaded with excess calories, sugar, and often caffeine which a child's body does not need. When it is hot outdoors, remember to drink before, during, and after playtime.

To learn more about the **SOAR** campaign and its initiatives, please visit our website [www.healthychildrensoar.org](http://www.healthychildrensoar.org) or call Laura Weil, SOAR Project Specialist at (336)328-3320, ext. 7696.



## Cheese Tortellini Salad



### Fun Idea-

Paste pictures of fruits and vegetables on index cards and take to them grocery store for your children to find.

### Ingredients

1 pound frozen cheese tortellini\*  
 ½ pint cherry tomatoes  
 1 medium cucumber  
 8 ounces block part-skim mozzarella cheese\*, cut in cubes  
 ¼ cup olive oil\*  
 Juice of 1 lime  
 3 tablespoons balsamic vinegar

### Directions

Cook tortellini according to package directions, drain and rinse under cold water. Peel and thinly slice cucumber and cut tomatoes in half. Place tortellini in a large bowl, add the tomatoes, cucumbers, and mozzarella cheese. Combine olive oil, lime juice and balsamic vinegar in another bowl, then slowly pour over the tortellini mixture and toss.

Makes 4 Adult Servings

Adult serving size 1 ½ cups

**Child Serving size (For children 3-5 years of age)**

¾ cup Tortellini Salad

2 Whole grain saltine crackers

½ cup 1% Milk\*

Children learn by example. Be a positive role model and show your children good health habits by being physically active and eating healthy foods.

## Family Fun Physical Activity

### Catching Balloons

Give your child a balloon and allow your child to play with the balloon any way they want to for a few minutes. Next, play catch with your child by:

- Tossing the balloon back and forth
  - Having your child turn then catch the balloon.
  - Tossing the balloon when your child is moving forward, backward, and sideways.
  - Catching the balloon up high
  - Watching the balloon drop to the ground but catch it before it touches the ground.
  - Running toward the balloon.
  - Jumping up and catching the balloon.
  - Clapping hands then catching the balloon.
  - Stomping feet then catching the balloon.
  - Touching the ground then catch the balloon.
- \* If the balloon pops make sure to clean up all the pieces to prevent a choking hazard



If children wait to drink until they feel thirsty, dehydration has already started.

Be safe when playing outdoors this summer. The sun's rays are strongest between 11am—4 pm. This is also often the hottest time of the day. Avoid playing outdoors during this time of day and play early in the morning or evening hours instead. Always wear sunscreen and to prevent dehydration, take frequent water breaks even if your child is not thirsty.

Water is the best drink to stay hydrated.

Know the signs of dehydration which include:

- Thirst
- Dry lips and tongue,
- Fatigue,
- Lack of energy
- Feeling overheated.
- Rapid heartbeat
- Feeling lightheaded or dizzy

Be sure to take breaks when playing outdoors and drink water, go indoors or in the shade, and wear cool clothing.

**\*Reminder-**  
**Drink water before, during and after playtime, especially when it is hot outdoors.**